



WELFARE FOOD SCHEME

Free Milk Tokens for people receiving Income Support



From 27 September 1993, we are introducing a new style of milk token.

It can be exchanged only for one type of milk - either liquid milk or dried milk for babies.

What choice have I got?

Milk - If someone in your family is pregnant or you have a child under 5 years old, you are entitled to 7 pints or 8 half litres of free liquid milk a week for each child or pregnant woman. A breastfeeding mother can drink the milk herself.

Dried milk - If you are bottle-feeding one or more babies under one year old, you are entitled to receive 900 grammes of dried baby milk a week for each of them. This is instead of liquid milk.

What do I have to do?

Tell the person issuing the milk token what you wish to exchange it for - either liquid milk or dried baby milk. Your token will then be date-stamped to show your choice.

Most people exchange their tokens for liquid milk. Please remember that if you want dried baby milk, you should tell the person issuing the milk token before your token is stamped.



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Where can I use my tokens?

Liquid milk can be obtained from any milk supplier who accepts tokens. Dried baby milk can only be supplied by your local baby clinic or Welfare Food Distribution Centre. If you don't know where these are, ask your local Health Authority.



What if I change my mind?

If you decide after the token has been issued that you need the other type of milk, you must apply to your Benefits Agency office for a replacement token.

Remember that you can only receive dried baby milk if you are bottle-feeding a child under one year old. The person issuing tokens may ask you to produce some proof that your child is under one year old. Your Child Benefit order-book or the child's birth certificate would be suitable.

Important

Your token can be used only for the type of milk you asked for. Please do not ask your supplier to exchange it for any other product - he/she is not allowed to.

A liquid milk token can be exchanged for whole or semi-skimmed milk. If you want a dearer type, like gold top, you may have to pay the extra cost. The token cannot be used to obtain fully-skimmed, evaporated, condensed, soya, goat's, flavoured or unpasteurised milk.

A dried milk token can be exchanged for any of these powdered brands:
Cow & Gate Nutrilon Premium
Cow & Gate Nutrilon Plus
Farley's Ostermilk
Farley's Ostermilk Two
Milupa Aptamil
Milupa Milumil
SMA Gold
SMA White

It cannot be used to obtain follow-on, ready-to-feed, soya baby milks or any other brand.

If you have any queries about your milk tokens please get in touch with your Benefits Agency office.

BREASTFEEDING IS BEST FOR BABIES

*Always consult your
doctor, midwife or health
visitor about feeding
your baby. If you use a
dried baby milk it is
important for your
baby's health that all
preparation instructions
are followed carefully.*

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only and should not be treated as a
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of the law.*

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Department of Health